

# HAVE YOU EVER?

- ... gone swimming in a public fountain?  
Why? What happened? Did you regret it later? Would you do it again?
- ... received an unexpected package in the mail?  
Who sent it? Why? How did you feel?
- ... ridden on a motorcycle?  
When? Where? How did you feel?  
Would you do it again?
- ... eaten escargot?  
Why? Where? What did it taste like?  
Would you do it again?
- ... been hurt by a friend's casual remark?  
How did it happen? What did you do? Did he or she know you were hurt? Was your friend sorry? How are things between you now?
- ... shared your faith with a friend who didn't believe?  
Who? When? Where? How did it go? How did you feel? How did your friend respond? Would you do it again? Do you wish you had done anything differently?
- ... scored a hole in one at golf?  
When? How did it happen? Who was with you? How did you feel?
- ... laughed so hard that you wet your pants?  
What were you laughing about? What did you do? How did you feel? Did anyone notice?
- ... throw up on a ride at a carnival or amusement park?  
Where? How did it happen? What did you do? How did you feel?
- ... stolen something?  
Why? Was anyone with you? Did you get caught? What happened? How did you feel? What did you do about it?
- ... Struggled through something really difficult?  
What was it? What did you learn from it? Are you still going through it? How did you get through it?
- ... experienced comfort and peace of mind?  
When? What caused it? Are you still experiencing it? How could you experience it again?
- ... been in a hurry to grow up?  
Why? What are the advantages to growing up? What is wrong with the age you are right now?
- ... visited the Grand Canyon?  
Why? Who went with you? What happened? Would you do it again?
- ... been in an ambulance?  
When? Why? What happened?
- ... been on a mission trip?  
When? Where? What did you do? How did it go? Would you do it again?
- ... prayed in public?  
When? Where? What happened? How did you feel? Would you do it again?
- ... lost your swimsuit while water skiing or diving into a pool?  
Where? How did it happen? How old were you? Who was there? What did you do? How did you feel?
- ... felt so discouraged about a class at school that you just wanted to chuck it?  
What made it so difficult? How did you feel? What did you do?
- ... had a dog take you for a walk?  
What kind of dog? How did it go? How would you do it again differently?
- ... regretted something you said to your parents?  
How did it happen? What did you say? How did you feel? How did you resolve it?
- ... had surgery?  
When? What for? How did you feel before and after?
- ... wanted to change one thing about your parents?  
What was it? Why did you want to change it? Did you discuss it with them? What happened? What has changed?
- ... Wanted to change one thing about your school?  
What was it? Why did you want to change it? What have you done about it? What has changed?
- ... wanted to change one thing about your church?  
What was it? Why did you want to change it? What have you done about it? What has changed?
- ... wanted to change one thing about yourself?  
What was it? Why did you want to change it? What have you done about it? What has changed?
- ... dreamed of doing something but still haven't attempted it?  
What was it? What's holding you back? What small step can you take toward this dream?

...been robbed or mugged?  
What happened? What did you do?  
How did you feel? What happened next?

... had a specific place to go where you would get your best ideas?  
What place? What made it such a good place for getting an idea? What ideas did you get there? Do you still go to this place?

... gone whale watching?  
When? Where? Who was with you?  
What happened? What were the best and worst parts of the experience?

...bought a car?  
How old were you? What kind of car? How were you able to buy it? Do you still have it? What was it like the first time you drove it?

...had to share a bedroom with someone?  
Who with? When? What were the best and worst parts of the experience? What did you learn?

...ridden in an Army tank.  
Where? Who was with you? What happened?

..wanted to be a citizen of another country?  
What country? Why? What do you think it would be like to be a citizen of that country?

... had a place you liked to go to relax?  
Where was it? What made it such a good place to relax? Do you still go there?

... gone deep sea fishing?  
Where? What did you catch? Did you get seasick? What happened? Would you go again? Why?

... panned for gold?  
Where? Did you find any gold? What was the experience like?

... built a tree house or a fort?  
Where? How did you build it? What did it look like? How did you use it? What did you like about it?

... had something wrapped in your freezer and couldn't figure out what it was?  
What did you do? Did you ever decide what it was? What was it? Did you eat it? What happened?

...been in a car when it ran out of gas?  
Who was with you? What did you do? How did you feel? What happened?

... had your parents wear something in public that embarrassed you?  
What was it? Where was it worn? What did you do or say? What happened?

....worn something in public that embarrassed your parents?  
What was it? Where was it worn? What did your parents do or say? What happened?

... put up wallpaper?  
In what kind of room? What happened? How did it look? Would you do it again?

... broken something in someone else's home?  
What was it? How did it happen? Did you tell them? What happened next?

..thrown up at an inopportune place and moment?  
When did it happen? Where were you? What made it even worse? How did you feel? What did you do?

... taken a shower and, by mistake, put the shower curtain outside the tub instead of inside?  
What happened? Were you at home or somewhere else? What did you do?

... watched an egg hatch?  
What kind of egg? How were you able to watch it? What was it like? How did you feel?

...lived in a neighborhood primarily populated by people of a different race than your own?  
How did you feel? What did you learn from the experience? What were the best and worst parts of the experience?

...tried to communicate with someone who didn't speak your language, and you didn't speak theirs?  
Who? What were you trying to communicate about? How did you feel? What did you do? Were you successful? What did you learn from the experience?

... taught someone to do something that she or he previously didn't know how to do?  
Who was the person? What did you teach him or her? How did you feel? What did you learn from the experience?

...been away from home for a solid month or more?  
Where were you? Who were you with? How did it feel? What was it like to come home? Would you do it again? Why?

- ...questioned your beliefs?  
What specifically did you question? What answers did you find? How are you feeling about your beliefs now?
- ...sat on the grass over a sprinkler head and had the water unexpectedly come on?  
Tell the story. What did you do? How did you feel?
- ...loved someone who never knew how you felt?  
How did you feel about that? What attempts did you make at letting them know? What happened?
- ...felt angels were watching over you?  
When? What was happening at the time? What made you sense them?
- ...wondered why the color blue is associated with baby boys and the color pink is associated with baby girls?  
What colors would you associate with baby boys and girls? Why?
- ... wished you were the opposite sex?  
When? Why? What are the advantages and disadvantages of being the opposite sex?
- ...gone to work with either of your parents?  
How old were you? What does your mom or dad do for a living? What do you think about that job? Would you ever want to have the same job?
- ... saved a dying bird or other animal?  
What animal? Where did you find it? What did you do? What happened? Where is the animal now?
- ... had a friend be continually late?  
How did you feel about this? What would you do or say? Did your friend ever get better at being on time? What helped?
- ...driven an expensive sports car?  
Where? When? What kind of car? Tell the story. How did you feel? What did you like or dislike about the experience?
- ...Stayed out till night?  
Where? When? Why? What were you doing all night? What was the best part of the night? The worst?
- ... passed a class you should have failed?  
What class? What did you do? Why did your teacher pass you? How did you feel about it?
- ... driven a tractor?  
Where? Was anyone with you? What was it like?
- ...failed a class you should have passed?  
What class? What did you do? Why did your teacher fail you? How did you feel about it?
- ...pulled a loose tooth out with string?  
How old were you? How did you do it? Would you do it again?
- ... shared your faith with a teacher?  
Who? When? Where? How did it go? How did you feel? How did your teacher respond? Would you do it again? Do you wish you had done anything differently?
- ... shared your faith with a relative?  
Who? When? Where? How did it go? How did you feel? How did your relative respond? Would you do it again? Do you wish you had done anything differently?
- ...watched a 3D movie?  
Where? When? What movie? Describe the experience.
- ...collected bugs or butterflies?  
Why? What kind? How did you catch them? What one was your favorite? How did you feel?
- ... had a place you liked to go to think?  
Where was it? What made it such a good place to think? What things did you think about there?
- ...had a really humbling experience?  
What happened? How did you handle it? How are you different today because of the experience?
- ...eaten frog legs?  
When? Where? What did they taste like? Would you eat them again?
- ... had a place you really liked to go shopping?  
Where was it? How old were you? What made it such a good place to shop? What did you buy there?
- ...had a bad day start the moment you got out of bed?  
How did you feel? What happened that day? What did you learn from the experience?
- ... seen a jumbo shrimp, a summer school, an original copy, an authentic reproduction, an elevated subway, or a dry lake?  
Can these things really exist? Who comes up with these descriptions? What would you call these things?

- ... been given a family heirloom?  
What was it? Who gave it to you?  
How do you feel about it?  
Would you ever sell it? Why?
- ... restored an antique?  
What was it? How did you restore it?  
What made it so special? Where is it now?
- ... flown a kite at the beach?  
What beach? Describe the kite. How did it feel?  
What did you like or dislike about the experience?
- ... denied knowing Jesus?  
Why? What happened? How did you feel?  
What did you do?
- ... wondered how fireflies glow?  
What answer did you come up with?  
What do you think of when you see them?
- ...bought clothes or furniture at a Salvation Army,  
or other store that benefited a charity?  
What did you buy? Why did you choose  
the store you did?
- ... rebuilt an engine or automobile?  
What was it? What happened? Where is it  
now? How does it run today?
- ... not rewound a rental video?  
Did you know you didn't rewind it?  
(Shame on you!) What happened?
- ... given up something to follow Jesus?  
What did you give up? How did you feel?  
Would you do it again?
- ... lived by the ocean?  
Where? How was it? What was it like?  
Would you live there again?
- ... dyed your hair?  
What color? How did you feel? What did your  
parents and friends think? Would you do it again?
- ...had a rotten smell in your room or car that you  
couldn't get rid of?  
What did it smell like? What was it? What  
did you do? What did you say to other  
people? How did you get rid of it?
- ... had a really bad case of b.o.?  
How did you know? How did you feel?  
How did you get rid of it?
- ...thought you looked like a movie or TV star?  
Who? In what ways? How does it make you feel?  
In what ways is your personality also like his or hers?
- ...had your friends tell you that you look like a movie  
or television star?  
Who? How did that make you feel? Do you agree?
- ... lived in the desert?  
Where? How was it? What was it like?  
Would you live there again?
- ...wondered how a magician saws a woman in half.?  
How do you think they do it? What is the  
greatest trick you have seen a magician do?
- ... walked backward around your neighborhood?  
What did you see? What did your  
neighbors think? Would you do it again?
- ...celebrated Christmas in July?  
Why? What happened? Would you do it again?
- ... needed a spiritual cleaning in your life?  
What is a spiritual cleaning? What areas did  
you clean up? How do you accomplish a  
spiritual cleaning?
- ... kept up your Christmas lights long after  
Christmas?  
Why? For how long? Did you turn them on  
at other times of the year? When?
- ... received applause?  
What was it for? How did you feel?
- ...had a friend act like one of the Characters on a  
television show?  
What friend? Which character? How is your friend similar  
to the TV character? Have you ever told your friend  
what you think? How did your friend respond?
- ...wondered how the foam gets inside a can of  
shaving cream?  
How do you think it's done? What else have  
you wondered about?
- ...had cosmetic Surgery (or ever considered it)?  
What part of your body? Why was it (or  
would it be) worth it? What do you like best  
about your body?
- ... not been able to find something in the telephone  
yellow pages?  
What was it? What else could it be under?
- ... felt God was calling you to a certain job or task?  
How did he call you? What was the job or task?  
How did it make you feel? How did it turn out?
- ... had a leech stuck to you?  
How did it happen? How did you feel?  
What did you do?

- ...thought about what you would rescue (besides people) from your home if it caught on fire?  
What would you save? Why?  
How would you do it?
- ...Played in the mud?  
When? How old were you? What was it like?  
What did you like or dislike about it?
- ...slammed your finger in a door?  
Where? How? What did you do?  
Then what happened?
- ...Stayed up all night watching movies?  
Who were you with? Where? When? What did you watch?  
What did you like or dislike about the evening?
- ...slept in so late it was dark when you woke up?  
What caused you to be so tired? What did you think when you woke up? How did you feel?  
Are you a morning person or a night person? Why?  
How do you think you got that way?
- ... stolen something from your mom or dad?  
What was it? When? How did you feel?  
Did they ever find out? What happened?
- ... read an entire book in one day?  
What was the book? Why did you read it in one day? What made it so interesting?
- ... had a family member die?  
Who? How did you hear about it? What was your response? How did you feel? What would you like to tell that person today?
- ...jumped in leaves?  
Where? When? How did you feel?  
Who were you with? What happened?
- ... asked God to give you a sign?  
What kind of sign did you ask for? Why did you ask for it?  
What was God's response? What decision did you make after you got (or didn't get) the sign?
- ...thought about how you would like to die?  
What would be the best way to die? Why?  
What would be the worst? Why?
- ...gotten caught sleeping in class?  
What class? What teacher? What happened? How did you feel?
- ... been tickled so hard that you cried?  
Where? By who? How did you feel?  
What did you do?
- ... wondered how lead is put inside a pencil?  
How do you think it's done? Do you really care?
- ...Thought about long-term goals for your life?  
What are your short- and long-term goals?  
How are you planning to achieve them?
- ...been in a hurricane or a tornado?  
Where? When? What was it like?  
What did you do? What happened?
- ...been sunburned so severely that you blistered?  
Where? How did you feel? What did you put on it? What happened?
- ... been to a drive-in movie?  
What did you see? Who were you with? What did you like or dislike about the experience?
- ... had a concussion?  
What happened? How did it feel?  
Who was with you? What did they do?
- ...bent over and ripped the back of your pants?  
Where were you? What happened? When did you realize it? What did you do? How did you feel?
- ... lost your best friend?  
How did it happen? How did you feel?  
What did you do?
- ... been stood up for a date?  
What happened? What did you do? How did you feel?  
Do you still run into this person? Are you still friends?
- ...stood someone up for a date?  
Why? What did he or she do? What did you do? Do you still run into this person? Are you still friends?
- ... had someone forgive you for something?  
How did it feel? What were you forgiven for?  
How did you respond? Compare and contrast it to God's forgiveness.
- ...wanted to be a cartoon character?  
What character? What makes that character so special or unique?
- ... been superstitious?  
About what? Are you still? How did (or does) it affect your life?
- ... lived in the mountains?  
Where? What was it like?  
Would you live there again?
- ... found a great buy at a garage sale, flea market, auction, or thrift store?  
What was it? What made it so special?  
How much did you pay? How did you feel?  
Do you still have it?

- ... ridden an ostrich?  
Where? What happened? Would you do it again?
- ...walked along a beach in the moonlight?  
Where? Who were you with? Describe the beach. Was it a pleasant experience? Why?
- ... touched a penguin?  
Where? What happened? How did it feel?
- ...lived in an area that had a neighborhood bully?  
What made the person a bully? What did the bully do to you? What would you do when you saw him or her? What happened?
- ... touched a cloud?  
Where? What does a cloud look like up close? What does it feel like? What was your favorite part of the experience?
- ... been in a car accident?  
Who was driving? What happened? How were you injured? What happened to the car you were in?
- ... given someone a gift you would rather have kept for yourself?  
What was it? How did you feel giving it away? What made it a great gift? Did you ever get the same thing for yourself?
- ...had someone fall in love with you?  
Who? How did you feel? Were you in love with him or her? What happened?
- ... had friends who were a lot older than you?  
What qualities did they have? What did your parents think of them? What did you learn from those friends? What did you give to the relationships?
- ...had friends who were a lot younger than you?  
What qualities did they have? What did their parents think of you? What did you learn from those friends? What did you give to the relationships?
- ... taken care of twins?  
What were they like? How were they different? How were they the same? What were the best and worst parts of baby-sitting twins?
- ... wondered why grass is green& the sky is blue?  
What colors would you make the grass and sky? Why?
- ... tried to catch a bird?  
Where? Why? Were you successful? What happened?
- ... wanted something so badly that you behaved in a way you wouldn't normally behave?  
What was it you wanted? How did you behave? What happened? How did you feel afterward?
- ...experienced the presence of God in a special or unusual way?  
When? What happened? How did you feel? How does it affect your life today?
- ...driven a jet ski?  
Where? What did you like or dislike about it? How did you feel?
- ...surfed?  
Where? What did you like or dislike about it? How did you feel?
- ... kissed any kind of animal?  
What animal? Why did you kiss it? What did it do?
- ... sung in the shower?  
Why did you sing? What song? How did you sound? If anyone heard you, what did they say?
- ..gone cow tipping?  
Where? Who were you with? Why? What happened? How did you feel?
- ... driven without a license?  
Where? Who were you with? Why? What did your parents say? What happened?
- ... gone without food for 24 hours or more?  
Why? How did you feel? What happened?
- ... run more than five miles in one day?  
Why? How did you feel? Would you do it again?
- ... wondered why people lie?  
What reasons did you come up with? Are there circumstances when it's OK to lie?
- ...Wanted to go to the moon?  
Why? What do you think you'd see? How do you think you'd feel? What would it be like?
- ... had a really awesome experience followed by a really awful experience?  
What were the experiences? How did you feel? Which helped you to grow more? Why?
- ... looked directly into the sun too long?  
When? Where? What happened?
- ... seen a comet or a shooting star?  
When? Where? How did you feel? What did it look like?

- ...felt all alone?  
When? Were you by yourself or were other people around? Describe that loneliness with a shape or color. Describe places where you feel most alone. What helps in those situations?
- ...been on an island?  
What island? Who were you with? Why were you there? What happened? Would you do it again?
- ... eaten wild plants or berries?  
Where? What plants and berries? Describe their taste. Would you eat them again?
- ... had a family member or friend continually borrow your clothes?  
What did you want to do? What did you do? What would you do today?
- ... had a treasured memory?  
What was the memory?  
What makes it so special?
- ... wanted to die?  
Why? What caused you to feel this way? What did you do? How do you feel about it now?
- ... smelled rotten meat?  
Where? Describe the smell. How did you feel? What happened?
- ... been paid to read a book?  
Who paid? What book? How did that experience affect your reading later?
- ... hated anyone?  
Who? Why? What did that person do to cause your feeling? How do you feel about that person now?
- ... had someone teach you to pray?  
What did her or she say? Did it help?  
What did you learn?
- ... been lost in the dark?  
Where? What did you do? How did you feel? What happened?
- ...wanted more out of life?  
What more did you want? What would you like your life to be like overall? What will that require?
- ...Smelled your own bad breath?  
How did you feel? When does your breath smell the worst? What helps control your bad breath?
- ... wondered what we will do in heaven?  
What does the Bible say? What would you like to do?
- ...been white-water rafting?  
Where? Who were you with? What happened? What was a highlight of the trip?
- ...received a large sum of money.  
From whom? For what? What happened?  
What did you do with the money?
- ... been golfing?  
Where? Who were you with? What happened? Would you do it again?
- ... been scuba diving or snorkeling?  
Where? Who were you with? What did you see?  
What did you like best about it? Would you do it again?
- ... witnessed the birth of a baby?  
Whose baby? What did you see? What did you feel?  
How is your relationship with that baby today?
- ...eaten ethnic food (other than at Taco Bell)?  
What was it? Where did you eat it? Why?  
What did it taste like? Would you eat it again?
- ...had a judgmental attitude?  
When? What caused the attitude? How did it feel? Do you see things differently today?
- ... sucked helium out of a balloon?  
Where? Who were you with? Why? How did you feel and how did your voice sound? Would you do it again?
- ... eaten a large pizza all by yourself.?  
What was the occasion? What was on the pizza?  
How did you feel? Would you do it again?
- ... been grounded for bad grades?  
How bad were the grades? How long were you grounded? How did you feel? Did your grades improve? What would have been a better way to improve your grades?
- ...wondered what it would be like to be a parent?  
What do you think it would be like? What would you do differently with your own kids than what your parents did? Why?
- ... fed an animal with a bottle?  
Where? What animal? What happened?
- ...had an enjoyable dream?  
Describe it in detail. What did it symbolize to you?
- ... gone swimming with a dolphin?  
Where? What happened? Did you touch it?  
What did it feel like? Would you do it again?

...checked out your Christmas presents before Christmas?

Where were they hidden? What happened?  
Did your parents find out? What happened?  
Would you do it again? Why?

... experienced true freedom?

What were you free from? How did it feel?

.....called a wrong number and developed a friendship with the person on the other end?

What happened? Are you still friends? Are there dangers in doing this? Why?

...called a wrong number and gotten a really rude person on the other end?

What did they say? How did you feel?  
What did you say?

... collected money for a charity?

What charity? How much money? How did you collect the money? How did you feel?  
Would you do it again?

... eaten so much your stomach hurt?

Where were you? What did you eat?  
How did you feel? What happened?

... wanted to be shorter or taller?

Why? What are the advantages and disadvantages to being taller or shorter?

...wondered why women open their mouths when applying mascara?

Why do you think they do? Do you do this?

...seen Niagara Falls?

Who were you with? How did you feel?  
What did you see? Would you go again?

... seen Mt. Rushmore?

Who were you with? How did you feel?  
What did you see? Would you go again?

... been to Yosemite?

Who were you with? How did you feel?  
What did you see? Would you go again?

...chopped down a tree?

Where? Why? How big was the tree? How did you cut it down? What happened next?

...had a perfect day?

What day? What made it perfect?  
How did you feel?

... made a wish and held your breath through a tunnel, then had your wish come true?

What tunnel? What wish? What happened?

... tried to think in a foreign language?

Do you use words when you think? Images?  
How does your culture affect your thinking style?

---walked around all day with food stuck in your teeth and not known it?

How did you find out? How did you feel?

... had your name mentioned in a book?

What book? Why? How did you feel?

... caught a fish?

How? Where? How did you feel? Did you gut it?  
How did you feel then? Would you do it again?

...had a teacher question your religious beliefs?

What happened? How did you feel?  
What did you do?

...Skinned a deer?

Did you kill it? How? Where? How did it feel to skin it? Would you do it again?

...wondered why God made us?

What do you think? Is God pleased or angry?  
Why? If you were God what would you do?

... lost your ability to laugh or cry?

What caused it? What did you do? How did you feel? What brought you out of it?

... yelled at a teacher?

What made you so angry? What happened?  
Would you do it again?

... envied someone enough that you wanted to trade lives with them?

Who? Why? What problems and difficulties do you think that person has?

...been in the back seat of a police car?

When? Why? How did it happen?  
How did you feel?

... been caught in an ocean riptide?

What beach? What did you do? What happened? How did you feel?

... swallowed a goldfish?

Where? Why? How big was the goldfish?  
What happened?

... wished you were an animal?

What animal? Why?

...Woken up and not known where you were?

Where were you? What did you do?  
How did you feel?



- ... felt completely happy?  
When? Where? What caused this feeling?  
What happened next?
- ...been to Washington, D.C.?  
When? What did you see? What didn't you see?  
What was your favorite part of the trip and why?
- ... forgotten the combination to your school locker?  
What did you do? What happened?
- ... done little things to get back at your parents?  
What? Why? What emotion did you want to express? How did they react? Can you tell them now? Why or why not?
- ... been in a windmill or a lighthouse?  
Where? What happened? What could you see? What would it be like to live there?
- ...bicycled over 50 miles in one day?  
From where to where? How did you feel at the end of the day? What did you see? Would you do it again?
- ... met a professional athlete?  
Who? Where? What did you say? What did the athlete say? How did you feel? What happened?
- ...been on an amusement park ride when it broke down?  
What ride? Where? Who were you with? What happened? What did you do? How did you feel?
- ... had something stolen?  
What? Where? How was it valuable? What did you do? How did you feel? Did you get it back?
- ... met an astronaut?  
Who? Where? What happened?  
What did you learn?
- ...caught a fly ball that was hit into the stands at a professional baseball game?  
Who was playing? Who hit the ball? How did you catch it? What happened? What did you do with it?
- ...flown in a helicopter.?  
Where? When? Where did you go? How did you feel? Would you do it again?
- ... ridden in a hot air balloon?  
Where? When? Who was with you?  
What happened? How did you feel?
- ... been a teacher's pet?  
What grade? What teacher? How did you feel about it? What did the other students say?
- ...played with toys in the bathtub?  
How old were you? What would you do with them? What toys? Do you still have them?
- ...had to put up with a rude or obnoxious person?  
Who? What did the person do? How did you deal with him or her? What happened?
- ... had stitches?  
When? Where? Why did you need them?  
How did it feel to get them?
- ...read the entire Bible?  
When? How long did it take? How did you feel? What did you like best about doing it?  
Would you do it again?
- ...had a favorite daydream?  
What was it? Who was in it?
- ...changed a baby's diapers?  
Whose baby? What happened? Did they stay on? How did you feel about it? What would you do differently next time?
- ... saved spare change for something special?  
How much did you save? Where did you keep it? What did you spend it on?
- ... sold something to a friend?  
What was it? What happened?
- ...bought something from a friend?  
What was it? What happened?
- ... had gum stuck in your hair?  
How did it happen? How did you get it out?
- ... prayed longer than 30 minutes?  
Where were you? What did you pray about?  
How did you feel? Would you do it again?
- ... had a birthday wish come true?  
What was the birthday? What was the wish?  
What happened?
- ... driven across the country?  
When? Why? Who were you with?  
What happened?
- ... slipped and fallen in the shower?  
How old were you? How did it happen?  
How did you feel? What happened next?
- ... cheated on a test?  
What class? Why? How did you feel? What happened? Would you do it again? Why?

- ... felt completely happy?  
When? Where? What caused this feeling?  
What happened next?
- ...been to Washington, D.C.?  
When? What did you see? What didn't you see?  
What was your favorite part of the trip and why?
- ... forgotten the combination to your school locker?  
What did you do? What happened?
- ... done little things to get back at your parents?  
What? Why? What emotion did you want to express?  
How did they react? Can you tell them now? Why or why not?
- ... been in a windmill or a lighthouse?  
Where? What happened? What could you see?  
What would it be like to live there?
- ...bicycled over 50 miles in one day?  
From where to where? How did you feel at the end of the day?  
What did you see? Would you do it again?
- ... met a professional athlete?  
Who? Where? What did you say? What did the athlete say?  
How did you feel? What happened?
- ...been on an amusement park ride when it broke down?  
What ride? Where? Who were you with? What happened?  
What did you do? How did you feel?
- ... had something stolen?  
What? Where? How was it valuable? What did you do?  
How did you feel? Did you get it back?
- ... met an astronaut?  
Who? Where? What happened?  
What did you learn?
- ...caught a fly ball that was hit into the stands at a professional baseball game?  
Who was playing? Who hit the ball? How did you catch it?  
What happened? What did you do with it?
- ...flown in a helicopter.?  
Where? When? Where did you go? How did you feel?  
Would you do it again?
- ... ridden in a hot air balloon?  
Where? When? Who was with you?  
What happened? How did you feel?
- ... been a teacher's pet?  
What grade? What teacher? How did you feel about it?  
What did the other students say?
- ...played with toys in the bathtub?  
How old were you? What would you do with them?  
What toys? Do you still have them?
- ...had to put up with a rude or obnoxious person?  
Who? What did the person do? How did you deal with him or her?  
What happened?
- ... had stitches?  
When? Where? Why did you need them?  
How did it feel to get them?
- ...read the entire Bible?  
When? How long did it take? How did you feel?  
What did you like best about doing it? Would you do it again?
- ...had a favorite daydream?  
What was it? Who was in it?
- ...changed a baby's diapers?  
Whose baby? What happened? Did they stay on?  
How did you feel about it? What would you do differently next time?
- ... saved spare change for something special?  
How much did you save? Where did you keep it?  
What did you spend it on?
- ... sold something to a friend?  
What was it? What happened?
- ...bought something from a friend?  
What was it? What happened?
- ... had gum stuck in your hair?  
How did it happen? How did you get it out?
- ... prayed longer than 30 minutes?  
Where were you? What did you pray about?  
How did you feel? Would you do it again?
- ... had a birthday wish come true?  
What was the birthday? What was the wish?  
What happened?
- ... driven across the country?  
When? Why? Who were you with?  
What happened?
- ... slipped and fallen in the shower?  
How old were you? How did it happen?  
How did you feel? What happened next?
- ... cheated on a test?  
What class? Why? How did you feel? What happened?  
Would you do it again? Why?

- ... eaten sushi?  
Why? How did it taste? Would you do it again?
- ... had anybody argue with you about your faith?  
Who? Where? When? Why? What did you do? How did you feel?
- ... dreamed in color?  
What was it like? What was your dream? Did you think it meant anything? What? How did you feel?
- ... had your parents walk in on a romantic interlude between you and your boyfriend/ girlfriend?  
When? Where? What was going on? How did you feel? What happened next?
- ... been trapped in an elevator?  
Where? Who else was with you? How did you feel? What did you do? How did you get out?
- ... wondered where the dentist goes when he leaves you alone?
- ... been on the toilet and found out too late that there was no toilet paper?  
What did you do? How did you feel? Why?
- ... had your wisdom teeth pulled?  
How old were you? How did you feel? How did you look afterward?
- .. Said something you didn't mean just to be polite?  
Who was it to? Why did you do it? How did you feel? What situation would cause you to do it again?
- ... had more than one date in a day?  
Did the people you dated know? What did you do on each date? How did you feel? What happened? Would you do it again? Why?
- ... ridden in a limousine?  
What was the occasion? Describe the limo. What happened? How did you feel?
- ... been called into the principal's office?  
What was it for? How did you feel? What happened?
- ... had a unique hobby?  
What was it? How did you get started? Are you still doing it? What do you like best about it?
- .. been skinny dipping?  
When? Where? Who was there? How did it feel? What happened? Would you do it again?
- ... given up watching television for a long time?  
How long? Why? Was it difficult? What happened? Would you do it again? Why?
- ... set off a fire, auto, home, or office alarm?  
Why? When? Where? What happened?
- ... been offered any kind of illegal substances?  
What substances? What did you do? How did you feel?
- ... tried to simplify your life?  
How? Why did you want to simplify it? Did you succeed? Do you have other ideas for simplifying?
- ... been caught picking your nose?  
Where? When? What did you do? How did you feel?
- ... worn a wig?  
What was the occasion or reason? What did it look like? How did people respond?
- ... found over \$2 in change in your couch or car?  
How much? What did you do with the money?
- ... had a summer job?  
Where did you work? What did you do with your paycheck? Any interesting stories about the job?
- ... had pizza with anchovies?  
Describe the taste. How old were you? Would you have it again?
- ... seen someone put a wet noodle up through their nose and out their mouth?  
When? Why did the person do it? was your reaction?
- ... been to the filming of a television show?  
Which one? What happened?
- ... had a best friend tell you a secret, sworn to keep it absolutely confidential, but then told it to someone else?  
How old were you? Why did you tell? How did you feel? What happened to the friendship? Would you do it again?
- ... broken a bone in your body.?  
What bone? How did it happen? Rate your pain from 1 to 100.
- ... thought about what you can count on?  
What can you count on? How do you know?
- ... accidentally killed an animal?  
Where? When? What happened? How did you feel? What did you do?
- ... tried line dancing?  
Where? When? Who were you with? What happened? How did you feel? Would you do it again?

- ... walked out of a movie because it was awful?  
What was the movie? What made it so bad?  
Who was with you? How did you feel?  
Would you do it again?
- ... ordered room service in an expensive hotel?  
What hotel? Where? Why were you there?  
What did you order? How did you feel?  
How was the food?
- ... wanted to be more organized?  
Under what circumstances? Why? How did  
you try to accomplish it? Did you succeed?  
What does it mean to you to be well  
organized?
- ... eaten raw oysters?  
Why? Where? When? What did they taste  
like? Would you do it again?
- ... looked through a telescope?  
What did you see? What thoughts crossed  
your mind? Would you like to own one?  
Why?
- ... broken up with someone?  
Why? How did you do it? What happened?  
How did you feel?
- ... had someone break up with you?  
How did they do it? Did they tell you why?  
What happened? How did you feel?
- ... been embarrassed by your parents?  
What did they do? Why? How did you feel?  
What did you do?
- ... embarrassed your parents?  
What did you do? Why? How did you feel?  
What did they do?
- ... known someone who was struck by lightning?  
Who? Where? When? What happened?  
How is the person doing now?
- ... discovered that a friend was doing drugs?  
How did you discover it? What did you do?  
How did you feel?
- ... received a compliment?  
What for? How did you feel?  
How did it change you?
- ... been locked out of your house?  
Describe the circumstances. How did you  
feel? What did you do?
- ... seen an opera?  
What opera? Who did you go with? What  
did you think? Would you want to see  
another? Why?
- ... been called by a nickname?  
What was it? How did you get it?  
How did you feel about it?
- ... been to car auction?  
What was being auctioned off? Did you buy  
anything? What was it like?
- ... eaten any kind of pepper that was hot enough to  
make your eyes water and your nose run?  
When? Why? How did you feel? What  
happened?
- ... walked or talked in your sleep?  
How do you know? Where did you walk to or  
who did you talk to? How did you feel?
- ... verbally gone after someone so hard that they  
cried?  
What caused you to do that? How did you feel  
after? What happened next?
- ... disliked someone for being more successful than  
you?  
How did you feel then? How do you feel now?
- ... swallowed a bug?  
What kind of bug? How did it happen?  
Was it alive or dead? What happened next?
- ... run away from home?  
What caused you to run away?  
What happened after you did it?
- ... gone out with someone when you were on the  
rebound from another relationship?  
Describe the date. What happened to the new  
relationship? Would you do it again?
- ... had a miracle happen to you?  
What was it? What happened? How did  
you feel? Who did you tell?
- ... walked in on your parents having sex?  
When? Where? How old were you? What  
happened? How did you feel?
- ... experienced a huge disappointment in life?  
What was it over? How did you feel?  
How did you handle it?
- ... had a huge pimple on your nose?  
How did it make you feel? What did you do?
- ... inherited anything?  
What? Who from? How do you feel about the person  
who died? How do you feel about what you  
inherited?

- ... laughed at yourself for doing something really dumb?  
What was it? Why did you do it? What happened? What would you do differently next time?
- ... had something published?  
What did you write? How did you get it published? How did you feel? What would you do differently next time?
- ... had an exotic pet?  
What pet? Why? Where did you get it? What did it eat? Where did you keep it? What did your parents and friends think?
- ...witnessed a crime?  
Why were you there? What was the crime? What did you do? How did you feel?
- ...had a hero?  
Who was it? What made that person a hero to you? How do you want to like that person? What steps could you take to be like him or her?
- ...had a problem too personal to discuss with others?  
What made it too personal? Is there anyone you could reveal this to? Why would you trust that person with it?
- ...been to Disneyland or Disney World?  
When? With who? What was your favorite ride? Why? What was the highlight of the trip?
- ... been in Boy or Girl Scouts?  
For how long? How old were you? What did you like best and least about being in this organization?
- ... been in a beauty contest?  
How old were you? What did you like best about the experience? What did you like least?
- ...met a famous religious leader?  
Who? Where? What was your impression of the meeting? Did the meeting change anything about your perception of that person?
- ... done community service?  
Where? What was the service? Why did you do it? How did you feel when you were finished?
- ... been stung by a bee?  
Where? When? What happened?
- ... had your tonsils removed?  
How old were you? How did you feel?
- ...spent more time traveling in a car/ van/ bus, going to and from an activity; than the amount of time you spent at the activity itself?  
What? Where? When? Who were you with? What was the best part of the entire outing?
- ...wondered why we cry at happy endings?  
Why do you think we do? What makes you cry?
- ... exaggerated or embellished a story while you were telling it?  
What story? What caused you to do that? How did you feel? Would you do it again?
- ...wondered why wintergreen Lifesavers make sparks in the dark when you bite them?  
When did you first discover this? How did it happen? How did you feel? Why do you think the Lifesavers do this?
- ... wallpapered a room?  
What room? What style of wallpaper? How did it turn out? Would you do it again?
- ... wanted a baby brother or sister?  
Why? Have you told your parents? How did they respond? How many children do you want? Why?
- ...rehearsed what you were going to say before you made a telephone call?  
Who did you call? Why did you rehearse? How did the call go?
- ... seen a serial killer?  
Where? How did you know he or she was a serial killer? How did you feel? What did you think?
- ... gotten separated from your parents in a large public place (like a mall or amusement park) and had your name or your parents' names be paged over the loud speaker?  
Where? How old were you? How did you feel? How did you get separated? How did you feel? What happened?
- ... gotten straight A's on a report card?  
What grade were you in? How did you do it? How did you feel? What did your parents do?
- ... been at a store's checkstand and discovered you did not have enough money?  
What happened? How did you feel?
- ... donated blood?  
Why? When? How did it happen? How did you feel? Would you do it again?

- ...done something exciting on a dare?  
Why? What was it? What happened?  
How did you feel? Would you do it again?
- ... talked to someone on the phone for more than two hours?  
Who? What did you talk about? Did you get in trouble? What happened?
- ... considered what would happen if you were traveling in a vehicle going the speed of light and you turned on your headlights?
- ...dated someone of another race?  
What did your parents think and feel? your friends? What happened?
- ...traveled by train?  
When? How Old were You? Who was with you? Where did you go? What happened?
- ...had your name appear a newspaper?  
What for? How did you feel?
- ...had a bad case of diarrhea?  
Where were you? What caused it? What happened? What did you do?
- ... tried riding a unicycle?  
Why? Where? How did you learn? Would you do it again?
- ... flown in First class?  
When? Who was with you? How did it happen? How did you feel?
- ...lost your keys?  
How did you lose them? What did you do? Were they ever found? How did you feel?
- ...Lost your wallet or purse?  
How did you lose it? What did you do? Was it ever found? How did you feel?
- ...lost your luggage while traveling?  
How did it get lost? What did you do? Was it ever found? How did you feel?
- ...lost your mind?  
How did you lose it? What did you do? How did you feel?
- ...cried in front of another person?  
What made you cry? Who was with you? What happened? How did you feel?
- ...been in a parade?  
When? Where? What were you doing? How did you feel?
- ... stood up for something you thought was right?  
What was it? When? What happened?  
What would you do differently next time?
- ... been camping?  
What was your most interesting experience? Where did you sleep? What would you do differently next time?
- ... peed in a swimming pool?  
What pool? How old were you? Did any one know? What happened?
- ... forgotten an important birthday?  
Whose? How did you feel? What did you do?
- ... gotten a tattoo?  
Why? Where did you have it placed? What is it? How did it feel? What did your parents and friends say? Why? Do you still have it? Do you still like it?
- ... had a body part pierced? (other than your ear)  
Why? What part? What do you wear there? How did it feel? What did you parents and friends say? Would you do it again?
- ...tried connecting the moles and freckles on your body to spell words or make shapes?  
Why? What did you spell or what shapes did you make?
- ... had someone hang up on you?  
Who was it? Why did they hang up? How did you feel? What did you do?
- ... hung up on someone?  
Who was it? Why did you hang up? How did you feel? What happened?
- ... been on TV?  
What program? How did you get on? What happened? How did you feel?
- ... appeared in a major motion picture?  
What movie? How did you get chosen? What happened? How did you feel?
- ...Juggled more than three items?  
How did you learn to do it? What things can you juggle?
- ... been so scared you thought you might die of fright?  
What scared you? What did you do?
- ... recently sung a childhood song?  
What song was it? What memories does that song bring back?

- ... gotten beat up in a fight?  
How did the fight get started? How did it end? How did you feel?
- ...had your house toilet papered?  
Who did it? What happened? How did you feel? Did you seek revenge?
- ... toilet papered someone's house?  
Whose house? What happened? How did you feel? Did they seek revenge?
- ...wrestled a pig?  
What happened? Where? When? Why? Would you do it again?
- ... heard your voice on tape?  
What was it for? How did your voice sound to you? Why? Would you do it again?
- ... told your parents that you love them?  
When? Where? Why? How did you do? What happened?
- ... cooked a meal for family or friends?  
What did you cook? What was the occasion? How did they respond? Would you do it again?
- ... had something stolen?  
What happened? How did you feel? What did you do? If it happened again, what would you do? Why?
- ... understood the difference between housework and homework?  
What is the difference? How did you come to understand it? Is there a difference between a house and a home? What?
- ...wanted time to go faster or slower?  
Why? What were you doing at the time?
- ... fainted?  
What happened? Was it in a public place? How did you feel? What happened when you came to?
- ...seen growth and change in yourself?  
What changed? What caused it? What made you able to see it? How did you feel about it?
- ... had a practical joke played on you?  
What was it? How did you feel? What did you do?
- ... played a practical joke on someone?  
What was it? How did you feel? What did they do?
- ... felt suicidal?  
When? Where? What caused it? What did you do? What happened? What brought you through it?
- ... written a letter to the President or to an elected public official?  
Why? What did you write about? How did they respond?
- ...thought about how similar you are to your parents?  
How are you similar? How does that make you feel? What are you going to do about it?
- ...thought about how different you are from your parents?  
How are you different? How does that make you feel? What are you going to do about it?
- ... done something really embarrassing in front of your boyfriend/girlfriend?  
What was it? What did you do next? How did you feel?
- ... experienced deja vu?  
Where? When? What were you doing? What did you do? How did you feel?
- ...Walked into a sliding glass door?  
How did it happen? What did you do? How did you feel?
- ...been on a cruise?  
Who was with you? Where did you go? What happened? Would you go again? Why?
- ...thanked God for something?  
Why did you thank him? How did you feel?
- ... traveled outside of your country?  
Why? Where did you go? Who was with you? What happened?
- ... played a musical instrument?  
Why? When? What instrument? Still play?
- ... had a life-threatening illness?  
What? When? How old were you? What happened?
- ... been so cold that you thought you might freeze?  
Where? How cold was it? How did you feel? What did you do?
- ...kissed your best friend's girlfriend/boyfriend?  
When? Why? How did it happen? How did you feel? Did anyone find out? What happened? Would you do it again?

- ... seen the back side of a waterfall?  
Where? When? What did you see?  
How did you feel?
- ...heard the ocean hitting the sand at a beach?  
Where? When? What did it sound like?  
How did you feel?
- ... smelled bread while it's baking?  
Where? When? What did it smell like?  
How did you feel?
- ... touched the skin of an elephant?  
Where? When? Why? What did it feel like? How  
was the experience? Would you do it again?
- ... danced the Hula?  
When? Where? Describe the experience.  
Would you do it again?
- ...wondered why there are Braille dots on the  
keypad of the drive-up ATM?
- ... run in a marathon?  
When? Where? Why? Describe the  
experience. How did you feel? Would you  
do it again? What would you do differently?
- ... had milk come out your nose?  
When? Where? Who was there? Describe the  
experience. How did you feel?
- ... given money to a homeless person?  
When? Where? Why? How did you feel?  
Would you do it again? Under what  
circumstances?
- ...wondered why there are interstate highways in  
Hawaii?
- ...judged someone using higher or lower standards  
than you use for yourself?  
When? Why? What happened? Did you  
regret it later? Would you do it differently  
next time? Why?
- ...thought you were going to die?  
When? Where? Why? Describe the event.  
What brought you through it?
- ...gotten a real bad haircut?  
How did it happen? What made it bad?  
Would you go to that haircutter again?
- ... been to a concert?  
Where? When? Who performed?  
Describe the event. How did you feel?  
Would you go again?
- ...had any compulsive habits?  
What? What would trigger them? How have  
you dealt with them? Has anything helped?
- ...walked into the wrong bathroom?  
When? Where? What happened?  
What did you do? How did you feel?
- ... put something in the microwave that did not  
belong there?  
What? Why? What happened?  
How did you feel?
- ... publicly discovered that your zipper was open?  
How did you find out? Where were you?  
How did you feel? What did you do?
- ... been rescued by a lifeguard?  
Where? What happened? What did you do?
- ...gotten so angry that you screamed?  
What caused it? Did anyone hear you? What  
happened? How did you get it resolved?
- ... been on a blind date?  
How was it arranged? Describe the experience.  
Did you go out with the person again?  
Would you go on a blind date again?
- ...had a car accident that you didn't tell your parents  
about?  
What? When? Where? Why didn't you  
tell? What happened? Did you ever tell?
- ...mentally planned your own funeral?  
What things would you include (songs,  
speakers)? Who would you want to be  
there? How did you feel as you thought  
about all this?
- ... felt really close to your family?  
When? What caused you to feel close? Why?  
Did you tell them?
- ... felt really distant from your family?  
When? What caused you to feel distant? Why?  
Did you tell them? Do you still feel distant?
- ... started your own business?  
When? How? Describe it. What happened?  
Would you do it again? How would you do  
it differently?
- ... invented something?  
What? When? What happened?
- ...gone to a family reunion?  
What happened? How did you feel?  
Who was there?